

FOR IMMEDIATE RELEASE

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Cal Poly Health Ambassadors Educate Local Elementary Students on Local Fruits and Vegetables April 30

SAN LUIS OBISPO – Cal Poly students from STRIDE will join the students of Monarch Grove Elementary School in Los Osos tomorrow, April 30 for a “Fresh Farm Tasting” in honor of their Earth Day and Harbor Celebration.

Participating STRIDE students are members of the Health Ambassadors, a class in the Kinesiology department that actively promotes healthy living at SLO County schools. The Health Ambassadors will conduct a fresh produce tasting and teach students about the history and local growing of their food.

Since the beginning of the year, Health Ambassadors have taken their planning on the road and conducted similar “Fresh Farm Tastings” at several area schools. Each tasting is centered on a different fruit or vegetable, such as broccoli or kale. Health Ambassadors create and incorporate colorful story board posters in their lessons.

STRIDE Program Coordinator Caitlin Leff enjoys how enthusiastic the students are about the visits. “With increased exposure, elementary students are more likely to incorporate more fruits and vegetables in their diet,” said Leff. Students encourage each other to try the various prepared foods that Ambassadors present in friendly and creative ways, such as serving the broccoli florets or orange slices raw or turning strong-tasting kale into a pineapple-based smoothie.

The Fresh Farm Tastings reflect collaboration involving the Cal Poly STRIDE Program, the Central Coast Agriculture Network and Bautista Farms. The Fresh Farm Tastings will continue through the end of June. For more information, please contact Caitlin Leff at STRIDE, 805-756-0673.

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